

TWELFTH SUNDAY IN ORDINARY TIME

Much of recovery is built on the willingness to live differently, one day at a time. We may experience moments of clarity, conviction, or spiritual awakening, but lasting freedom is formed through consistent daily practice. In recovery from lust addiction, this often means choosing honesty and connection in place of secrecy, fantasy, and isolation.

The readings this Sunday speak directly to fear and the temptation to hide. In the first reading, the prophet Jeremiah describes the anguish of feeling exposed and opposed, yet he continues to entrust himself to God (Jeremiah 20:10-13). This reflects a familiar experience. When we begin to face our patterns honestly, we may feel afraid of being known, judged, or rejected. The temptation is to hide what is really happening.

Secrecy often becomes a central part of lust addiction. We hide behaviors, thoughts, images, memories, and habits of escape. Over time, secrecy isolates us and strengthens shame. What once seemed like protection becomes a barrier to healing. We may begin to believe that no one could understand us or that we are uniquely broken. Recovery begins to change that by inviting us into truth.

In the gospel reading, Jesus says, “*Nothing is concealed that will not be revealed, nor secret that will not be known.*” (Matthew 10:26-33). These words may feel uncomfortable, but they are followed by a repeated invitation: “*Do not be afraid.*” Jesus is not exposing us to shame. He is calling us into freedom. What is brought into the light can begin to be healed.

This reflects a core principle in recovery: we are only as sick as our secrets. Steps Four and Five guide us in examining our lives honestly and sharing that truth with God and another

person. This process breaks isolation and allows healing to begin. It also helps us recognize the patterns beneath the behavior, including fear, resentment, loneliness, entitlement, self-pity, or the search for comfort apart from God.

This honesty also protects us from the small compromises that often precede acting out. Lust addiction frequently grows through rationalization, private fantasy, and delayed disclosure. When we name what is happening early, the pattern loses momentum. We learn to tell the truth before temptation becomes a crisis, which is one reason regular check-ins and sponsorship are so important.

The responsorial psalm reminds us, “*Lord, in your great love, answer me*” (Psalm 69). God meets us in honesty with mercy. This matters because shame often tells us that exposure will destroy us. In recovery, we learn that honest disclosure in safe relationships can become the beginning of freedom.

Saint Paul teaches in the second reading that grace has been given in abundance through Christ (Romans 5:12-15). We do not need to become perfect before turning toward God. We come as we are, and grace begins reshaping how we see ourselves and others.

Jesus also reminds us of our value: “*Even all the hairs of your head are counted.*” This speaks directly to the distorted beliefs that often accompany lust addiction. We are not objects, and neither are others. We are beloved children of God, known completely and loved fully.

Recovery invites us to respond with action. We practice daily inventory, accountability, custody of the eyes, honest disclosure, and prompt outreach when temptation grows. We

reach out instead of isolating and remain connected to others who help us stay grounded in truth.

Recovery is lived one day at a time. As we continue this journey, we are invited to let go of secrecy, embrace honesty, and trust that God’s truth leads to freedom.

REFLECTION QUESTIONS

- When have secrecy or isolation strengthened unhealthy patterns in your life?

- What helps you practice honesty and accountability on a daily basis?

- How has bringing something into the light led to greater freedom?

MASS READINGS

FIRST READING Jeremiah 20:10-13

RESP. PS. Psalm 69:8-10, 14, 17, 33-35

SECOND READING Romans 5:12-15

GOSPEL Matthew 10:26-33